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## Fra Presidenten



I hope everyone has survived the winter and is doing well. The weather seems to be getting warmer and hopefully spring is just around the corner.

Our next meeting is on Thursday March 6.

-Dave Hendrickson

## BIG NEWS!

**In JUNE, we will begin meeting at the Harry J. Olson Senior Center on the north side of La Crosse.** The move was prompted by a need to cut our monthly costs; although the Radisson Center has been a great facility and location, Harry J. Olson is half of the cost and will be able to store *most\** of our items and supplies. They are even providing the coffee grounds!



**\*see page 2** for more about items we will not have room for—an opportunity for collectors!

## Wergeland Kalender

- ◆ Mar 6—6:00 Wergeland Lodge Mtg Radisson Center located on the corner of 2nd & Jay St
- ◆ Mar 11—5:30 Board Meeting at Perkins in Onalaska—ALL are welcome!
- ◆ Mar 17—Deadline for Budstikken articles
- ◆ Mar 27—Budstikken mailed to members
- ◆ Apr 3—6:00 Wergeland Lodge Mtg Radisson Center

## Koselig Helg

There's still time to register for the "Koselig Helg" weekend at Giants of the Earth Heritage Center on March 14-16. Held in Spring Grove, MN, registration includes a Friday night play and a number of cultural and educational sessions on Saturday.

The price is \$175 (\$150 for Giants of the Earth members).

See [giantsoftheearth.org/series/koselig-helg/](http://giantsoftheearth.org/series/koselig-helg/) for the schedule and registration link. It would be nice to have a number of our lodge attend!



## PROGRAM FOR MARCH

**Finn Brobakken: Little-Known Places to Visit in Norway**

### LUNCH PROVIDERS FOR THE MARCT 6 MEETING

**Sandwiches:** Carla Burkhardt, Linda Sherwood, \_\_\_\_\_, \_\_\_\_\_

**Cake or bars:** Nancy Solberg, Pam Knudtson, Elsie Olson, Ilene Pavelko

**Pickles:** Bev Ranis, Carol Pestel (dill), (Karan Mathison (sweet), Tracey Grinde (B&B)

**Fruit or vegetable tray:** Vivian Sacia, Dan Rogne (veggies), Evonne Kundert (fruit)

**Members are asked to donate \$3-5**



## Mars Birthdays

- 1 Marilyn L Silbaugh
- 3 Lori Anne Dubczak
- 4 Jean A Davis
- 4 Nancy N Solberg
- 6 David D Christianson
- 7 Cathy Jo Ells
- 8 Pamela J Knudtson
- 9 Susan K Renner
- 10 Terry L Loper
- 10 Debra A Roe
- 11 Kathryn R Beane
- 16 Marlene C Mc Cabe
- 16 Elsie K Olson
- 20 Karen A DeSchepper
- 22 Lee E Grippen
- 24 Mary E Cary
- 25 Charles E Hanson
- 26 Robert Carlson
- 26 Annika Tanke



## Program for April

Masse Moro Campers Kielyn and Weston Rowekamp

### Sekretær Notater...

President David calls meeting to order at 6:35.

Our United States pledge was said. "Our National Anthem", "Fedrelandssang" and "O Canada" songs were sung.

The minutes of the last meeting were printed in the Budstikken and approved as printed.

The treasurer's report was read and approved as read.

Raffle \$39 each went to Dan Rogne and Nancy Solbert. 38 in attendance.

Adrian read a letter from the Salvation Army thanking us for Bell Ringing.

Financial Status discussed. 1) Meeting place: Have looked at going back to Harry J. Olson which would only charge \$100 per month vs \$225 at the Radisson (and free coffee and parking). Also can bring in our own caterer. This will be discussed at the Board Meeting Tuesday evening. 2) Budstikken options: The monthly cost of printing and mailing is \$230. Suggested money-saving ideas: email (free); reduce mailing list (by mailing it only to those who request by email (suggestion to have that be an extra cost?); sell advertising; print and mail only every other month. [Newsletter was just a discussion item—no changes are being made at this time.]

Meeting adjourned at 8:15.

Members present - 38

Program - Dave Glomstad presented a program on the 15th Wisconsin: The Scandinavian Regiment.

Assistant Secretary, Carol Pestel

### Treasurer's Report:

Jan 31, 2025 checking balance (which includes \$84.91 for Dancers)	\$1825.61
Jan 31, 2025 scholarship balance	\$495.00
Jan 31, 2025 savings balance	\$9138.11
Jan 31, 2025 Wergeland has	\$11,458.72

### Lodge Fundraiser: April Silent Auction and Bake Sale

It's Spring Cleaning Time! Bring items (Norwegian...or not!) and/or baked goods to sell at the April 3 Wergeland Lodge Meeting (our last meeting at the Radisson Center).

In anticipation of our move to the Harry J. Olson site, we also will sell items from our storage/display. One LARGE item will be our glass display case. In March, we will roll the display into our meeting room so that you can take a look and think of how you can use it!

Proceeds of the silent auction and bake sale will go toward our lodge expenses.



## Tusen Takk...

...til those who baked cookies for the Barnebirkie in Hayward. Over 750 (!) kids skied the Barnebirkie on Thursday, Feb. 20, and were promptly rewarded with cookies in the celebration tent. See p. 5 for photos.

**Book Club!** The Sons of Norway Book Club is run by Third District Zone 7 Director Bill Browning. All are welcome. Presently there are members throughout the US. You may see the schedule for May- June in the FFFN at [sonsofnorway5.com/library/original/docman/February212025FFFN.pdf](http://sonsofnorway5.com/library/original/docman/February212025FFFN.pdf). If you have questions, please contact Bill at [SonsofNorwayBookClub@gmail.com](mailto:SonsofNorwayBookClub@gmail.com).



Dave shared details about the clothing and equipment that soldiers carried and displayed the replicas that he also uses for Civil War Re-enactments.



## Program for March: Finn Brobakken: Little-Known Places to Visit in Norway

Finn Brobakken from Gjøvik County, Norway, is no stranger to Wergeland Lodge. He writes in his bio, "I live on a small farm called Steinsrud in Snertingdal, the farm has been in my family since 1875. I retired after 30 years in construction and the last 10 years as a postman in my valley. I have been a volunteer firefighter for 19 years, and in National Guard (Heimevernet) for 18 years. I am a member of Sons of Norway in Hamar, and for the last six years I have been in charge of local Historical Society Lodge in my home valley."

He has included the following description of the program he will present for us: "We have many famous and beautiful places and areas in Norway, that teens of thousands of tourist visit every year. However, in my program I talk about some of the smaller and lesser known places you can find. For example, in northern Norway, there is the beautiful Engeløya island in Steigen County. Another relatively [unknown place is] Bjordal in the famous Sognefjorden, on the west coast. Have you heard the fairytale called, "The Three Billy Goats Gruff"? If you coming to my home valley in Snertingdal you will find the bridge from that story."

We look forward to "traveling" to Norway with Finn in March!

### From February's meeting:

Due to illness, our scheduled presenter, David Amdahl, was not able to come. We were very fortunate to hear from our own **Dave Glomstad**, who presented on **The 15th Wisconsin Volunteer Infantry, the Scandinavian Regiment in the American Civil War.**

~the 15th Wisconsin Volunteer Infantry~  
The Scandinavian Regiment  
in the American Civil War



As summarized by Dave, "In 1861 with the country facing civil war, President Lincoln called for 75,000 volunteers to preserve the union. Nearly 1000 Norwegian immigrants were among those to answer that call, becoming the 15th Wisconsin Volunteer Infantry Regiment. Step back in time and follow the 15th from their beginnings in Madison, through their battles along the Mississippi, into Kentucky and Tennessee and finally to Georgia and the end of their three year enlistment in the Union army."

Dave's presentation tied together key moments in the Civil War as well as an appreciation for the plight of the soldiers as they faced inclement weather, lack of food and supplies, and loss.



## Dis og Dat



**Shirley Lokstad Schoenfeld** is happy to report she is back to her Mill Street Manor home in West Salem! Her phone number is 608-790-0489 and she would love company and outings!

**Mike and Kathy Anderson** traveled to Sacramento to visit Mike's cousins via train Jan. 24-Feb. 7. They toured the Jelly Belly Factory and toured a train and tractor museum. They also went to San Francisco and saw the Golden Gate Bridge and Alcatraz and Pier 39; and visited with their daughter and grandchildren. It was great to see Mike's cousins.



### Scholarship Applications are Open!

#### District 5 Scholarships due soon

District 5 Scholarship Applications are due March 15. Three types of scholarships are available:

- 2025 District 5 Academic Scholarship
- 2025 D5 Norwegian Folk High School Scholarship
- 2025 District 5 International Summer School Scholarship

The Sons of Norway Foundation provides numerous scholarships to our member families. See the District 5 page for information and application materials: [sonsofnorway5.com/financial/district\\_scholarships.php](http://sonsofnorway5.com/financial/district_scholarships.php)

#### Mark Your Calendars

The Sons of Norway District 5 Adult Culture Weekend October 3-5, 2025: "Celebrating Norwegian Immigration - The Sloop 200th Anniversary." Plans are detailed in the FFFN: [sonsofnorway5.com/library/original/docman/January252025FFFN.pdf](http://sonsofnorway5.com/library/original/docman/January252025FFFN.pdf).

Sons of Norway welcomed more than 3,000 new members who were looking to explore their passion for Norwegian culture. Not only did our members do an excellent job recruiting, but continued to do a great job keeping other members engaged in the organization, improving our retention rate for the third straight year.

#### Femten år siden (15 years ago) 2010

Sarah Gerber married Dr. David Hubbard. They celebrated their wedding at Norskedalen, which included a bridal procession with fjord horses and fiddler Tip Bagstad, Norwegian wedding folk dances by the Wergeland dancers, and a traditional Norwegian kransekake. Sarah is the daughter of John & Inga Gerber of Ontario.

## Looking Back

### Fem år siden (5 years ago) 2020

Ruth B (Salzwedel) Everson passed away at the age of 90. She was a SON Golden member for 49 years.

Eden Ehm presented a program on the Hardanger fiddle and violin. Her 1901 Hardanger fiddle was made in Norway. Eden's played for King Harold and Queen Sonja of Norway in 2011.

### Ti år siden (10 years ago) 2015

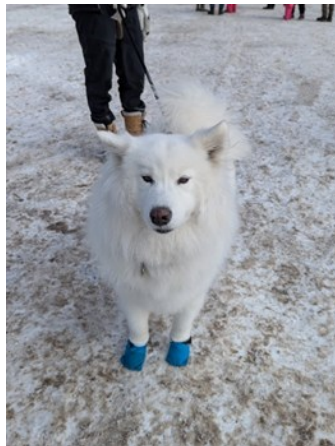
Anita Doering did a program on the Norwegian-American Archives at the La Crosse Public Library. The Archives started in 1980, as a place for people with questions about genealogy, to find specialized local history, and staff to help them.

## Sons of Norway Mission Statement

The mission of Sons of Norway is to provide quality insurance and financial products to our members, to promote and preserve the heritage and culture of Norway, and to celebrate our relationship with Scandinavian and other Countries.

**Barnebirkie 2025**

Carla Burkhardt and several District 5 members (pictured are Connie Aiello, Clara Solak, Robin Fossum, and Judy Keilholz) helped with setup and serving of the cookies. Over 900 dozen cookies were provided; many were homemade by District 5 members (like those from Wergeland Lodge) and others were store-bought.



The Giblin girls from West Salem had a good skiing day. Prior to the Barnebirkie, the BARKE BIRKIE was held for good dogs!

**Masse Moro Heritage Camp**

Encourage the young people in your life to attend the Masse Moro Heritage Camp this summer!



**Activities:** archery, arts & crafts, baking, comedy skits, games, Norwegian language lessons, nature exploration, singing, sports competitions, Viking Olympics, woodcarving, and more!

**Camp Dates:** Sunday, July 13 – Saturday, July 26, 2025

**Camp Location:** Eau Claire County Youth Camp at Beaver Creek Reserve in Fall Creek, Wisconsin. Approximately 12 miles east of Eau Claire, Wisconsin

**Eligible Youth:** Youth ages 9 - 15 years. Everyone is welcome, Sons of Norway affiliation or Norwegian heritage is not required

**Leadership Team:** Camp is planned and supervised by the Sons of Norway District Five Youth Director, camp administrators, and camp directors, with advisement by the Sons of Norway District Five Board of Directors

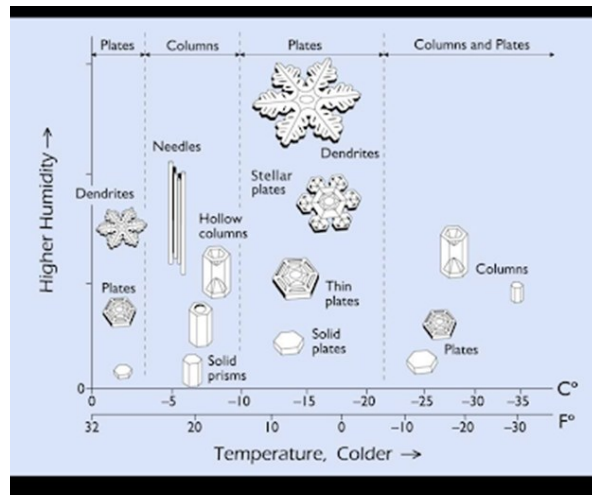
**Lodging:** Air-conditioned cabins for sleeping; up-to-date restroom and shower facilities

**Price:** \$100 deposit due upon registration, \$1,200 total for the two-week session

**Questions:** contact Youth Director Robert Schuck at (608) 513-6830 or [d5youthdirector@gmail.com](mailto:d5youthdirector@gmail.com)

**Website:** [www.MASSEMORO.ORG](http://www.MASSEMORO.ORG)

Scholarship information is available at [sonsofnorway5.com/financial/youth\\_scholarships.php](http://sonsofnorway5.com/financial/youth_scholarships.php).



Snowflake Shapes, from the US National Weather Service

## Sons of Norway District 5 Update

On February 15, the District 5 Board of Directors held a Zoom session with updates and reports from both the International Board of Directors and the District 5 Board. The session was recorded

Highlights of interest to our members:

- Growing our membership AND increasing ownership of a SON insurance product are important to our organizational health. Suggestions include invite your children to join and/or attend meetings; explore insurance products as there are a variety of plans; partner with other community organizations
- The profile pages have been updated on the sofn.com website—it is now very easy to find where to update your membership and/or access insurance documents. There is a good slideshow on navigating these pages: [sonsofnorway5.com/news/news\\_flash.php](http://sonsofnorway5.com/news/news_flash.php)
- To keep on top of District 5 info, all may access the weekly updates at [sonsofnorway5.com](http://sonsofnorway5.com) > News & Events > Friendly 5th Friday News (FFFN).
- The District Board hopes to send representatives to visit lodges around the region.

From our District 5 Publicity Director, **LaVonne Wier**: “I am “pumped” about learning Norwegian!! One of our Fagernes members introduced me to an app called “Duolingo”. It is a computer/phone app for learning languages. The app has many languages to choose from. Of course, I am on the Norwegian app. After attempting other methods with little success, I am super excited about using Duolingo. The lessons are fun. The repetition helps me remember what I learned. When I make a mistake, the app helps me by reviewing the words. I use it on my smart phone whenever and wherever I find the time. My husband is also on the app, and we should be able to converse in Norsk together very soon! The app is available free. The free app gives you advertisements, which I found annoying. My niece graciously paid for a yearly Super Family subscription, which now is \$119.99 per year. Up to 6 people can use the Super Family app. With 6 people on, that’s less than \$2.00 per person for each month!! (One person alone can get a Super subscription for \$59.99 per year, which is \$5.00 per month.) You might want to do the family plan with members in your lodge. You don’t have to be related to be on the family plan. The group plan gives you opportunity to congratulate and encourage the others on the same plan. It also gives you encouragement to practice every day to keep your “streak” going. Just go to [Duolingo.com](http://Duolingo.com) to get started.”

## Sons of Norway Membership Benefits you should try!

Next in the series of tips for getting the most out of your Sons of Norway membership!!

### Benefit Highlight #11 - Cultural Skills Program

There are a number of Cultural Skills resources at the sofn.org website. Cultural Skills units and report forms are available at sofn.com in the Member Resources section ([www.sofn.com/member\\_resources/cultural\\_programming/cultural\\_skills\\_program/](http://www.sofn.com/member_resources/cultural_programming/cultural_skills_program/)). Use your member login to view and print guidelines.

You may access these just for your own learning and enjoyment, although the program is specially designed to guide members to intentionally achieve levels to earn Cultural Skills pins and bars.

Downloadable pdfs provide a framework for learning about traditional and contemporary Norwegian cultural skills, including rosemaling, folk dancing, cooking and literature.

The Cultural Skills Units are available by downloading the documents below from the link above. For most, there is a pdf unit overview as well as a link to YouTube videos. Each part of the unit also requires its own separate report form unless otherwise noted.

- Unit 1: Traditional Norwegian Cooking
- Unit 2: Literature
- Unit 3: Collecting Norwegian and North American Stamps
- Unit 4: Norwegian Rosemaling
- Unit 5: Genealogy – Family History
- Unit 6: Knitting
- Unit 7: Norwegian Language and Culture
- Unit 8: Hardanger Embroidery
- Unit 9: Figure Carving
- Unit 10: Weaving
- Unit 11: Ornamental Woodcarving
- Unit 12: Chip Carving
- Unit 13: Folk Dancing/Music and Musicians of Norway
- Unit 14: Youth Cultural Skills



## A little in English...

### Do you remember Potato Break?

Fall break used to be called Potato Break. It was introduced as a measure for school children and youth to help out with the potato harvest.

In 1940 there was a food shortage and the potato became the savior from hunger for many. All over Oslo the city landscape was changed. Parks and gardens were converted into potato fields. This film from Gladtvat shows urban youth assigned to take part in the harvest: <https://www.nb.no/historier-fra-samlingen/god-potetferie/>



### Have you picked potatoes in fall break?

This year it has again become popular to grow your own potatoes, but do you know how they are best taken care of in the winter? This film from 1940 provides many tips on storing potatoes and how to use them. Here you have the recipe for breakfast bread and potato cakes along with practical tips on how to make your own steam cooker. Did you know that you can also make sandwich toppings with the help of potatoes?

Potatoes can be grown all over Norway. They thrive in the far north under snow-capped mountains, in the rough coastal climate and in broad inland villages. When potatoes are plucked/ picked in the fall, they are first sorted on the ground/in the field. The smallest and most damaged are made into livestock feed.

## Litt på Norsk...

### Husker du potetferien?

ble tidligere kalt potetferie. Den ble innført som et tiltak for at skolebarn og -ungdom skulle hjelpe til med innhøstingen av poteter.

I 1940 var det matmangel og poteten ble redningen mot hungersnøden for mange. Over hele Oslo ble bylandskapet endret. Parker og hager ble gjort om til potetåkrer. Denne filmen fra Gladtvat film viser byungdom utkommandert til å bidra i innhøstingen: <https://www.nb.no/historier-fra-samlingen/god-potetferie/>

### Har du plukket poteter i høstferien?

I år er igjen blitt populært å dyrke egne poteter, men vet du hvordan de best tas vare på i vinter? Denne filmen fra 1940 kommer med mange tips om oppbevaring av poteter og hva du kan bruke de til. Her får du oppskrift på frokostbrød og potetkaker samt praktiske tips som hvordan du kan lage din egen dampkoker. Visste du at man også kan lage pålegg til brødiskivene ved hjelp av poteter?

Poteten kan dyrkes overalt i Norge. Den trives langt mot nord under snøkleddede fjell, i barskt kystklima og i brede innlandsbydger. Når poteten tas opp om høsten, blir den sorter først ute på jorden. De minste og de skadede potetene går til dyrefôr.

## Norwegian Potato Stew (Lapskaus)

Serves 6

15 minutes prep time

30 minutes cook time

Ingredients:

- 2 turnips, peeled and chopped
- 3 lbs. russet potatoes, peeled and chopped
- 2 carrots, peeled and chopped
- 1 stalk celery, chopped
- 1 onion, diced
- 8 oz. ham steak, cubed
- 2 Tbsp. salted butter
- 1 quart chicken broth
- 2 bay leaves
- 1 Tbsp. fresh parsley, minced
- Kosher salt and freshly cracked black pepper, to taste

Directions:

1. Using a large Dutch oven or heavy-bottomed pot, add all ingredients to the pot and bring the stew up to a simmer. Let cook for 20-25 minutes or until the vegetables are soft.

2. Season the stew with salt and lots of cracked black pepper. Using an immersion blender or hand masher, lightly blend some of the stew to create a thicker viscosity. Garnish with parsley.

3. Enjoy!



Photo Credit: Dom Ruane, 12tomatoes.com

Sons of Norway  
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## MARCH 2025



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### Norskedalen Activities

#### Throne Visitors Center

Hours From Nov - Apr:

Monday-Saturday from 9am--4pm

Sunday from 11am--4pm



*Admission rates for all programs with the exception of Heritage classes is \$10.00 for adults (\$6 for seniors/military), \$5.00 for children, \$25.00 for families, and free for members of "Friends of Norskedalen."*

All visitors, including Norskedalen organization members, should check in at the Throne Visitors' Center for your admissions, wristband, maps and information.

**Norskedalen Members** may use the Norskedalen grounds 365 days a year from sunrise to sunset. Member parking pass must be clearly displayed in front windshield while using Norskedalen grounds.

**Non-members** may only use Norskedalen grounds during regular business hours and must check-in with office staff to pay admissions and receive a wristband.

Norskedalen phone: 608-452-3424

Web site: [www.norskedalen.org](http://www.norskedalen.org)

E-mail Address: [info@norskedalen.org](mailto:info@norskedalen.org)